

Center Hours

MONDAY THROUGH THURSDAY 7:00 AM to 5:30 PM
FRIDAYS8:00 AM to 5:00 PM
SATURDAYS(See schedule)
SUNDAYSCLOSED
(FRONT OFFICE HOURS: MONDAY – THURSDAY 7:00 AM TO 5:30 PM)

Daily Activities At The Center

**Nutrition served Monday – Friday at 11:30 AM.*

MONDAY	TUESDAY
7:30 AM Open Recreation 10:00 AM Good Neighbor's Bingo	7:30 AM Open Recreation 12:00 PM Club Durazo (4/5 & 4/19)
WEDNESDAY	THURSDAY
7:30 AM Open Recreation 8:30 AM Be Well Class 1:00 PM Hispano Americano Club	7:30 AM Open Recreation 6:00 PM Senior Center Bingo
FRIDAY	SATURDAY
8:00 AM Open Recreation	12:00 PM Club Durazo's Easter Dance 4/2/16

CITY OF EL MONTE
JACK CRIPPEN MULTIPURPOSE SENIOR CENTER
3120 N. Tyler Avenue
El Monte, CA 91731
(626) 580-2210

April 2016

SENIOR GYM

Monday – Thursday from 9:00 AM – 1:00 PM &
Tuesday & Thursday from 5:30 PM – 7:30 PM
\$1.00 per day/\$12 per month for El Monte residents
\$2.50 per day/\$25 per month for non El Monte residents

MOVIE TUESDAY April 12 & 26 at 12 PM in the auditorium

CLUB DURAZO's EASTER DANCE on Sat. April 2nd from 12 PM to 5:00 PM.

Call Juan Aguilar at (626) 374-7801 for details.

BLOOD PRESSURE CLINIC on Wed. April 20 at 10:00 AM

SENIOR LAP SWIM at the Aquatics Center

\$2.50 for ages 50 years and over

\$1.00 for ages 62 years and over with CDBG eligibility

Free admission for Healthways Silver Sneaker participants, eligibility required.


Monday – Thursday 10:00 AM – 11:30 AM

Tuesday – Thursday 7:00 PM - 9:00 PM

**For more information on upcoming events,
please contact the Jack Crippen Multipurpose Senior Center
626-580-2210
Monday – Thursday
7:30 AM – 5:30 PM**



JACK CRIPPEN MULTIPURPOSE SENIOR CENTER LUNCH MENU FOR APRIL 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY
					BAKED FISH or 1 ROAST BEEF Mashed Potatoes Carrot Pineapple Salad Peas Orange	2 Club Durazo's Easter Dance Dance: 1-5PM (\$10/ea.) Lunch: 12-3PM (\$6/ea.) Tickets for Sale at the Door
3	ROTISSERIE 4 CHICKEN Green Beans Spinach Salad Banana Orange Juice	BEEF 5 STROGANOFF Navy Bean Soup Normandy Vegetables Sunshine Salad Cinnamon Applesauce	HONEY 6 MUSTARD CHICKEN Brown Rice Broccoli Garden Salad Cantaloupe	STEAK PICADO 7 Vegetable Barley Soup Baked Potato Cucumber Salad Citrus Cup	BAKED FISH or 8 SPINACH QUICHE Rice Pilaf Winter Squash Broccoli Slaw Bread Pudding Apple Juice	9
10	BBQ BEEF 11 Macaroni Salad Seasoned Carrots Coleslaw Pears	HAWAIIAN 12 CHICKEN Corn Chowder Fresh Yams Romaine Salad Orange	CHILI VERDE 13 Split Pea Soup Red Potato Spinach Salad Peaches	CHICKEN 14 ENCHILADA CASSEROLE Seasoned Brown Rice Pinto Beans Lettuce & Tomato Salad Cantaloupe	BAKED FISH or 15 PORK ROAST Mashed Potato Marinated Tomato & Green Pepper Salad Chocolate Cake Apple Juice	16
17	CHICKEN 18 PARMESAN Spaghetti Broccoli Carrot & Raisin Salad Banana	BEEF FAJITAS 19 Seasoned Rice Coleslaw Peanut Butter Cookie Apple Juice	TURKEY A LA 20 KING Lentil Soup Buttered Noodles Corn Combination Salad & Cantaloupe	MEATLOAF 21 Chicken Rice Soup Cauliflower & Broccoli Mashed Potatoes Green Bean Salad & Pineapple Chunks	BAKED FISH or 22 CHILI EGG PUFF Rice Pilaf Parsley Carrots Tossed Salad Chocolate Pudding Orange Juice	23
24	BEEF TACO 25 Spanish Rice Lettuce & Tomatoes Orange	OVEN BROWN 26 CHICKEN Normandy Vegetables Yams	SPAGHETTI & 27 MEAT SAUCE Minestrone Soup Peas & Carrots Garden Salad Citrus Fruit Salad	BAKED HERB 28 CHICKEN Potato Soup Broccoli Combination Salad Applesauce	BAKED FISH or 29 PORK ROAST Sautéed Spinach Mashed Potatoes Marinated Tomato & Green Pepper Salad Pears	30

MENU IS SUBJECT TO
CHANGE WITHOUT NOTICE

Margarine, Bread and Milk
served with every meal

The following ingredients will be
used whenever possible:

- **No added salt**
- **Non-Fat Milk** in puddings,
creamed dishes and soups.
- **Cheese** lower in saturated fat
and cholesterol.
- **Canola Oil** in food preparation
when oil is called for.
- **Egg Substitute** in egg dishes
(No Cholesterol)
- **Canned Fruit** in light syrup.

SUGGESTED DONATIONS
(For 60 years and older)

\$2.00

Please bring exact change for lunch.

For reservations call:
(626) 580-2210
Meals are served at:
11:30 AM

**NO ELIGIBLE INDIVIDUAL SHALL BE DENIED
PARTICIPATION BECAUSE OF FAILURE
OR INABILITY TO CONTRIBUTE.**

*Rules for acceptance and participation in the program
are the same for everyone without regard to race, sex,
color, national origin or handicap.*

**Note: Please arrive no later than 11:00 AM to
ensure your meal.**

**Meals served on a first come first served
basis.**

**Program funded in part under the Older
Americans' Act of 1998 as amended in 2006
received by the County.**